Disordered Gambling vs. Internet Gaming Disorder:
Similarities and Differences

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Objectives

- Define Internet Gaming Disorder

- Compare and contrast related disorders

- Understand trends in internet gaming

- Differentiate between various outlets of compulsive gaming

- Identify populations at-risk for Internet Gaming Disorder

- Identify 5 steps of the Strategic Prevention Framework

- Utilize the Strategic Prevention Framework to develop and implement prevention strategies

Today's Agenda

8:00-9:00- Gambling Disorder overview

9:00-11:00- Internet Gaming Disorder and criteria

11:00-12:00- Lunch

12:00-3:00- Discuss various internet games

3:00-4:30- Strategic Prevention Framework

Common Types of Gambling

- Lotteries

- Casino table games

- Slots

- Sports betting

- Fantasy leagues

- Games of skill

- Bingo

- Horse and dog racing

Other Types of Gambling

- Office pools (weight loss challenges)

- Raffles

- Stocks and commodities

- Dog fighting

- Beta fish fighting

- Others?

- House flipping?

- Storage Wars?

Gambling Disorder Criteria

Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12 month period:

- Needs to gamble with increasing amounts of money in order to achieve the desired excitement

- Is restless or irritable when attempting to cut down or stop gambling

- Has made repeated unsuccessful efforts to control, cut back, or stop gambling

(American Psychiatric Association, 2013)

Gambling Disorder Criteria

- Is often preoccupied with gambling

- Often gambles when feeling distressed

- After losing money gambling, often returns another day to get even

- Lies to conceal the extent of involvement with gambling

- Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling

- Relies on others to provide money to relieve desperate financial situations caused by gambling

(American Psychiatric Association, 2013)

Severity Modifiers

- Mild: 4–5 criteria

- Moderate: 6–7 criteria

- Severe: 8–9 criteria

(American Psychiatric Association, 2013)

At-Risk Populations

- Adolescents
  - For every one adult with a gambling problem, there are 3 youth with a gambling problem
  - Largest group is high school males
  - Popular types of gambling among youth
    - Fantasy Football and March Madness
    - Texas Hold em' poker

- Individuals in recovery for other addictions
  - Cross addiction
  - More than one addiction
  - Problem gambling education

At-Risk Populations

- Corrections
    - Criminality
    - Financial literacy
    - Limited access to employment
    - Life skills
    - Job skills
    - Repeated patterns

At-Risk Populations

- Senior citizens
  - Declining health
  - Access to liquefiable assets
  - Living on limited income
  - Means of entertainment
  - Coping with loss of family and friends
  - Dealing with depression

At-Risk Populations

- Military
  - Majority are between ages 18-25
  - Financial literacy
  - High risk-takers
  - Access to gambling opportunities
  - Entertainment to pass time
  - PTSD and TBI

Types of Gamblers

- Social Gamblers
  - Gamble for entertainment
  - Control gambling behaviors
  - No negative consequences associated with gambling

- Problem Gamblers
  - Meet 1-3 of the criteria listed in the DSM V
  - One criteria causing significant negative impact

- Disordered Gamblers
  - Meet 4 or more of the criteria listed in the DSM V
  - One criteria causing significant negative impact

Disordered Gambling Phases

- Winning Phase

- Losing Phase

- Desperation

- Hopelessness (Rock Bottom)

- Critical

- Rebuilding

- Growth

Draw the most modern slot machine you can imagine!

Social Gambling Applications

Digital Slots and Casinos

- Any age

- Accessibility

- Availability

- Marketing

- Probability changes

- Use real money to buy virtual credits

- Big Fish Casnio

Zynga Social Gambling Applications

- ZyngaPlusPoker and ZyngaPlusCasino

- 160+ slots and variety of table games

- Real money gambling available in U.K.

- Welcome bonuses,

cash bonuses,

free money deposits

Gaming Evolution

- 1970s and 1980s
  - Pong, Space Invaders, Pac-Man
  - Single player
  - Only achievement was high score

- 1990s
  - Doom, Quake, Mario Brothers
  - Gaming "experience"
  - Customize virtual gaming environment
  - Choose weapons
  - Create characters

Gaming Evolution

- 2000-Current
  - Multi-player
  - Self-contained society
  - Economy
    - Currency
    - Goods and services
  - Avatars
    - Self-created version of oneself

Internet Gaming Disorder is not:

- Internet Addiction Disorder

- Video Gaming Addiction

- Internet Gambling Addiction

Internet Gaming Disorder

- DSM V, Section III, as a condition warranting more clinical research and experience for inclusion as a formal disorder
- Excessively playing online games
- "Gamers" play compulsively, to the exclusion of their own interests, and their persistent and recurrent online activities result in clinically significant impairment or distress
- Adolescent males, 12-20 years old
- Prevalent in Asian countries

(American Psychiatric Association, 2013)

Internet Gaming Disorder Criteria

- Severity modifiers: mild, moderate, or severe

- Patients must meet 5 criteria within the past year
  - Preoccupation
  - Psychological withdrawal symptoms
  - Tolerance
  - Unsuccessful attempts to cut back or restrict
  - Loss of interest in other hobbies
  - Use of internet games to cope
  - Deceiving family or therapists
  - Continued use despite knowledge of problem
  - Affects them at work, school, or home

(American Psychiatric Association, 2013)

Internet Gaming Disorder

- Excessive use, often associated with a loss of sense of time or a neglect of basic drives

- Withdrawal, including feelings of anger, tension, and/or depression when computer is inaccessible

- Tolerance, including the need for better computer equipment, software, more hours

- Negative repercussions, including arguments, lying, social isolation, and fatigue

IGD-20 Test

- 20 question test reflecting the nine criteria of IGD

- 5 point scale

- Incorporated components of addiction
  - Salience
  - Mood modification
  - Tolerance
  - Withdrawal
  - Conflict
  - Relapse

- Can include non-internet computer games

(Pontes, Kiraly, Demetrovics, & Griffiths, 2014)

IGD-20 Test

- Salience
  - I often lose sleep because of long gaming sessions
  - I usually think about my next gaming session when I am not playing
  - I think gaming has become the most time consuming activity in my life

- Mood Modification
  - I play games to help me cope with any bad feelings I might have
  - I never play games in order to feel better
  - I play games to forget whatever is bothering me

(Pontes et al., 2014)

IGD-20 Test

- Relapse
  - I would like to cut down my gaming time but it's difficult to do
  - I do not think I could stop gaming
  - I often try to play games less but find I cannot

- Withdrawal Symptoms
  - When I am not gaming I feel more irritable
  - I feel sad if I am not able to play games
  - I tend to get anxious when I cannot play games for any reason

(Pontes et al., 2014)

IGD-20 Test

- Conflict
  - I have lost interest in other hobbies because of my gaming
  - I have lied to my family members because of the amount of gaming I do
  - I know my main daily activity (i.e., occupation, education, homemaker, etc.) has not been negatively affected by my gaming
  - I think my gaming has jeopardized the relationship with my partner
  - I believe my gaming is negatively impacting important areas of my life

(Pontes et al., 2014)

IGD-20 Test

- Tolerance
  - I have significantly increased the amount of time I play games over the last year
  - I need to spend increasing amounts of time engaged in playing games
  - I often think that a whole day is not enough to do everything I need to do in-game

- Differentiate between "high-engagement" and addiction

(Pontes et al., 2014)

Case Studies

Both spend an average of 14 hours/day playing

Aged 21 years, unemployed and single, "Dave" reported that gaming had a positive influence on his life because his social life revolved almost exclusively around the game, and playing boosted his self-esteem and gave structure to his everyday life. Dave did not perceive that his excessive gaming impacted upon his life negatively at all. For Dave, his extensive gaming did not lead to significant distress or have a negative impact in his daily life, and therefore his behavior cannot be classified as a condition that would fulfill the requirements of a mental disorder classification as outlined in the DSM-5. Upon starting a new job and entering into a relationship with a woman he met in-game, his excessive gaming decreased significantly.

(Griffiths, 2012)

Case Studies

"Jeremy", a 38-year old financial accountant who was married with two children. He experienced detrimental consequences due to his "severe gaming addiction", namely a relationship breakdown, lack of time for family activities, and loss of his job. Moreover, his playing time, craving for the game, and feelings of low mood and anxiety had increased dramatically. He used gaming to escape from his real-life problems and tried to quit on several occasions, but was unsuccessful in staying abstinent. This led to a number of relapse episodes.

(Griffiths, 2012)

Internet Gaming Disorder

- Development of Internet Gaming Disorder
  - Begins with preoccupation
  - Loss of interest in other activities
  - Social withdrawal
  - Lying or hiding gaming use
  - Defensiveness and anger
  - Psychological withdrawal
  - Continued use despite consequences

(Young K., 2009)

Compulsion Loop

- The compulsion loop is similar to ones produced by excessive gambling

- 2 types of games that produce compulsive symptoms
  - MMORPGs
    - Maximize length of play session
  - Social Application Games
    - Maximize number of sessions
  - Positive reinforcement

MMORPGs

- **M**assively **M**ultiplayer **O**nline **R**ole **P**laying **G**ame

- Persistent world

- Continual avatar progression

- Social games

- No save-point

- Appeal to both sexes and most age groups

(Kuss, 2013)

MMORPGs

- Primary MMORPGs
  - World of Warcraft
    https://www.youtube.com/watch?v=c9_IRI1AYIs
  - EverQuest
  - Guild Wars
  - Eve Online
  - Dark Age of Camelot

MMORPGs

- Who plays MMORPGs
  - Primarily males
  - 20% females
  - Average age of male player is 26 years old
  - Average age of female player is 32

- Average gamer spends 25 hours/week playing

- 1/10 gamers play in excess of 40 hours/week

MMORPGS

- Motivations to play
  - Mechanics and story line
  - Achievement/Leveling-up
  - Acquiring status and power
  - Reputation within gaming community
  - Competition and challenges
  - Creates a new identity
  - Increases self-esteem
  - Way to develop relationships
  - Feel a sense of comradery
  - Coping and escapism

(Kuss, 2013)[38]

MMORPGs

- Motivations associated with addiction
  - Coping and escapism
  - Online relationships
  - Achievement and mastery
  - Reputation and recognition
  - Challenges
  - Dependent players preferred on-line friends
  - Non-dependent players satisfied with real-life social interactions

- Motivations for choosing to play can be an indicator for of potential risk for developing addiction

  - (Kuss, 2013)

MMORPGS

Are these games designed to be addictive?

- Experience and progress bars

- Multiple aims, short and long term

- Reward for effort

- Feedback

- Uncertainty

- Community

Anthony Rosner Documentary
http://www.youtube.com/v/K4W0uHG77Zc

Social Application Games

- Structured games with contextual rules through which users can engage with one another. To qualify as a social gaming application, games <u>must be</u> multiplayer, provide user with an identity and may include one or more of the following features:
  - Turn-based
  - Based on a social platform

- Often will be child's first introduction to gaming

Name that App!

Clash of Clans

Candy Crush Saga

Angry Birds

Crossy Road

Fruit Ninja

Plants vs. Zombies
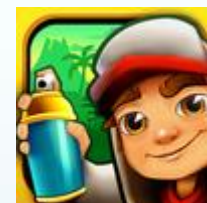
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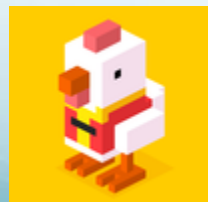
Trivia Crack

Social Application Gaming

- Start out playing for free

- Build a profile/identity/status

- Small successive goals

- Cooperative goals

- Build relationships

- May be some buy-in

Why is social gaming popular?

- New technology

- Variety of topics

- Appeal to older and younger population

- Friendly competition between friends

- Power of social media

- Low intensity, action

Polling Question

Disclaimer: This is a judgment free zone!

How many of you have played a social gaming application:

In the past day?

In the past week?

In the past month?

U.S. Stats

- Percentage of American adults that own a cell phone?
  - 90%

- Percentage of American adults that own a tablet?
  - 42%

- Percentage of downloaded applications that are games?
  - 70-80%

- Percentage of American adults that are mobile gamers?
  - 33%

U.S. Stats

- The average age of a mobile gamer?
  - 28.2

- Estimated revenue of mobile gaming 2015?
  - $54 billion (estimated)
  - Hint: 2011: $12 billion

- Estimated revenue of mobile gaming in 2016?
  - $108 billion (estimated)

Social Application Gaming

- Current top gaming applications
  - Clash of Clans
  - Minecraft
  - Trivia Crack
  - Candy Crush Saga
  - Candy Crush Soda Saga
  - Big Fish Casino
 - Hay Day
  - Zynga's Texas Hold'em Poker

Trivia Crack

- Among the top free apps in more than 20 countries

- 5th most played game in the WORLD

- Play against Facebook friends

- Challenging and simple, without being frustrating

- 700,000 daily downloads in the U.S.

- Second release of the game coming in 2015
 - Players create their own categories
  - Mini-games

Trivia Crack

Flappy Bird

- https://www.youtube.com/watch?v=V1IPHTpjIC0
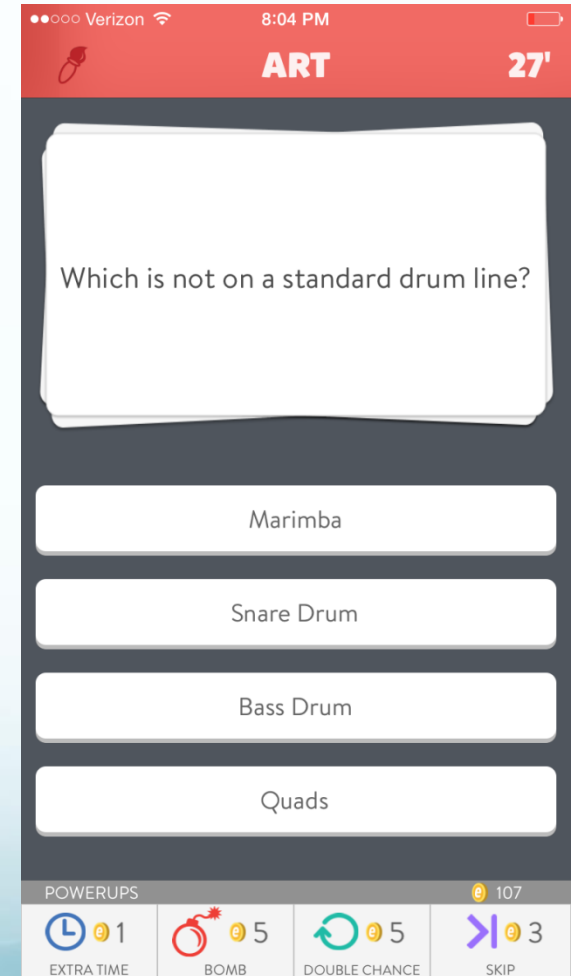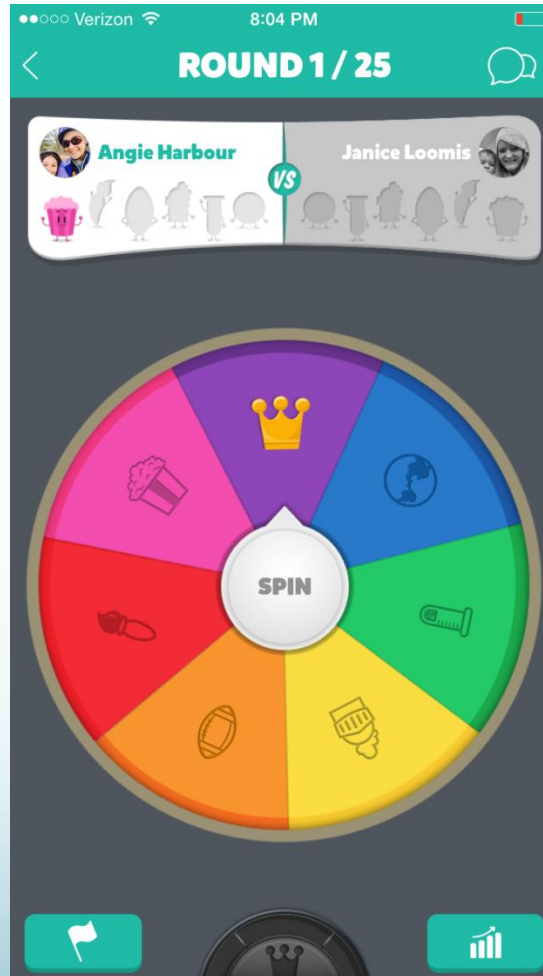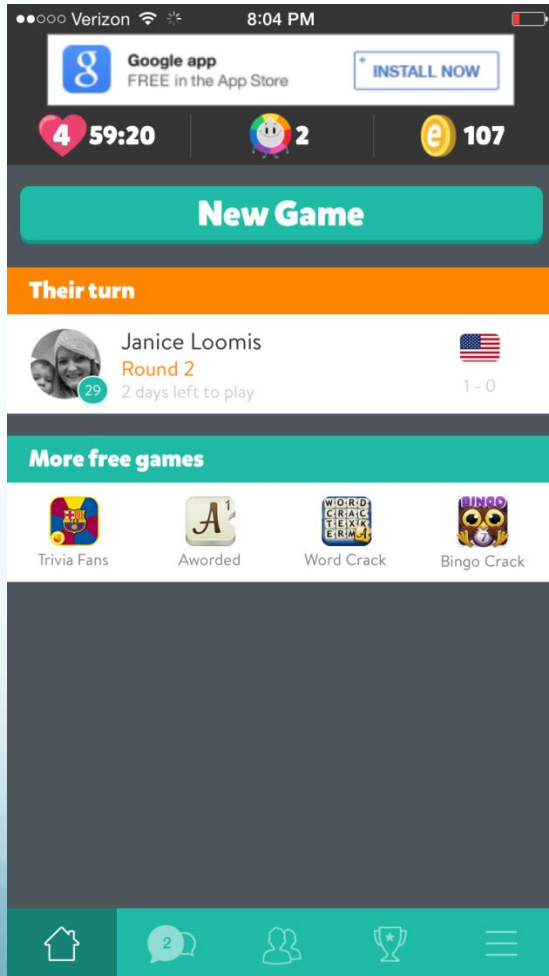
- Released in May, 2013

- Estimated that profits were about $50,000 daily

- Discontinued in February, 2014
  - "It happened to become an addictive product. I think it has become a problem. To solve the problem, it's best to take down Flappy Bird. It's gone forever."

- Phones preloaded with app sold for over $20,000 on Ebay

Free to Play

AKA Wait to Play or Pay to Play

- Download app for free

- Ad supported

- Pay money
  - Advantages
  - Extra levels
  - More plays/lives
  - New objects
  - Time

- Virtual credits

Virtual Credits

- Most games have a currency
  - Free
  - Paid

- Time investment increases value of currency

- Second Life
  - Linden dollars

Why are Apps so Addictive?

- Simplicity

- Ability to multitask
  - Anytime, anywhere
  - One hand play

- Mentally stimulating

- Compulsion loop
  - Illusion of control
    - Repetitive action followed by positive feedback
  - Loss aversion

Zynga

One of the leading social applications networks

- Created in 2009

- Hosts games Farmville and Texas Hold'em Poker

- Has over 60 million regular players

- Has a net worth of over $1.6 billion

Gambling within Social Gaming Applications

Tom Chatfield
7 Ways Gaming Rewards the Brain
http://www.ted.com/talks/tom_chatfield_7_ways_games_reward_the_brain?language=en#t-752855

Social Gambling Applications

Social Games

No relation to gambling themes, limited use of money

Play with virtual money

Fantasy Leagues, Skill games with prizes

Social Gambling

Play with real money

Few examples in U.K.

Faces of Internet Gaming

https://www.youtube.com/watch?v=HfOUhwhdUV0
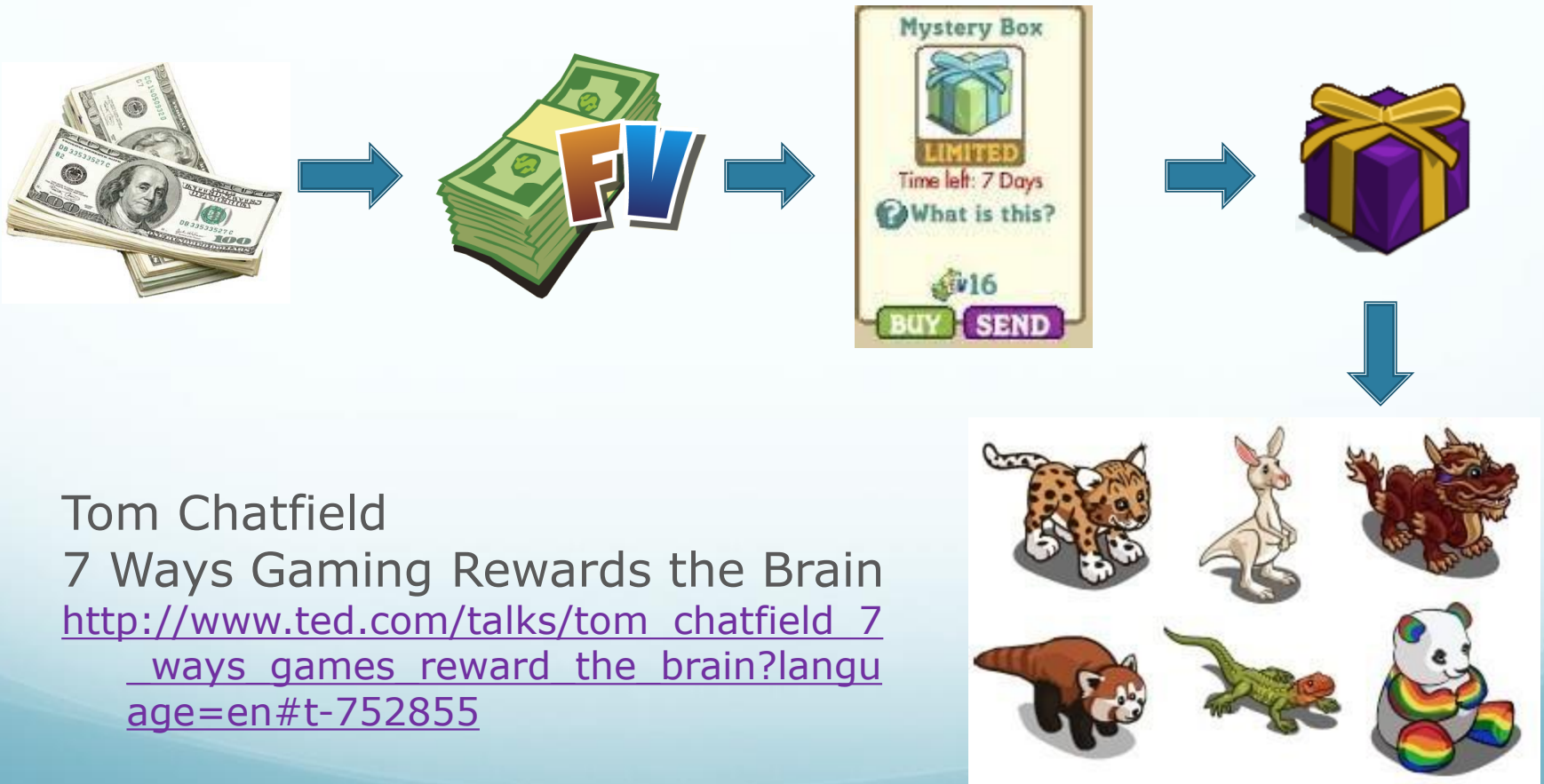
- Robbie Cooper, British photographer

- "Immersion Project"

- Youth playing games

- Do any of these faces stick out to you?

Strategic Prevention Framework (SPF)

- Assessment

- Capacity

- Planning

- Implementation

- Evaluation
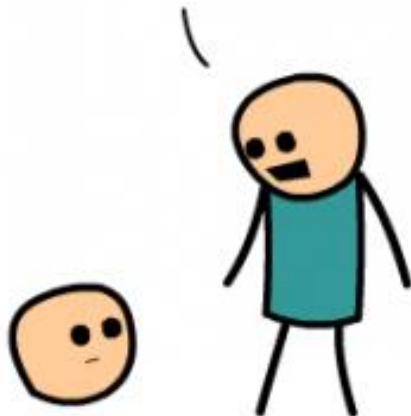
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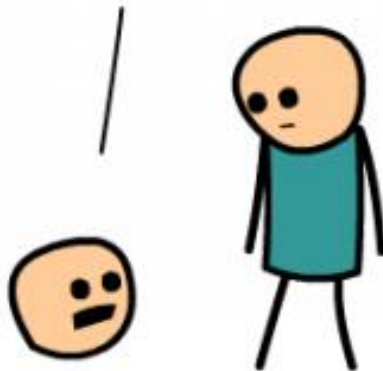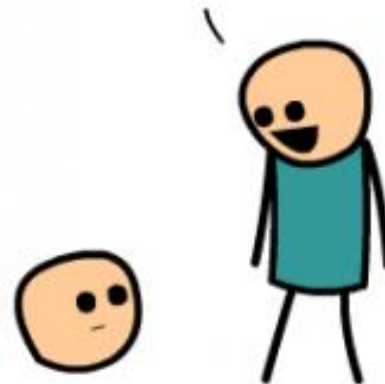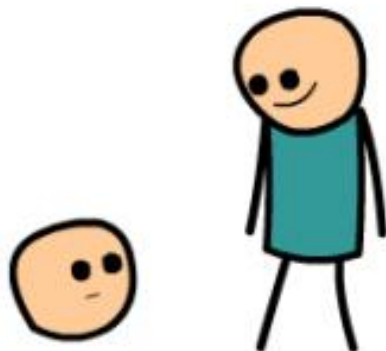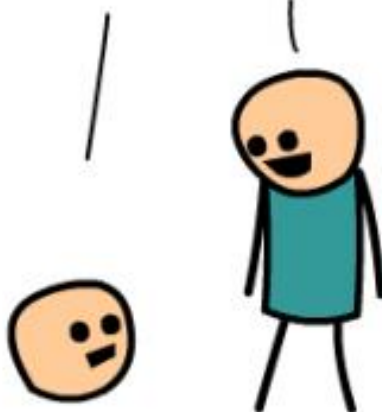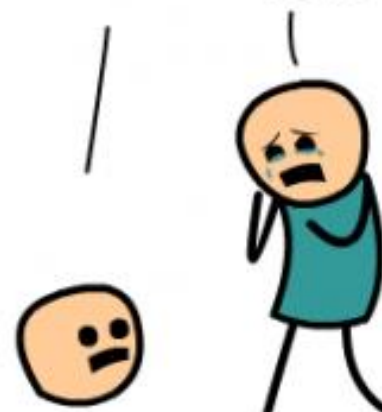
Questions?

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